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EDITORIAL

Our Birthday and New Year Presents and Greetings

OUR 'Health' has entered its fourteenth year on the 1st of January, 1936 In India, in ancient days, our Rajahs, Maharajahs and Emperors used to give birthday presents to the people in the shape of lands or money, in kind or cattle. In modern India, His Majesty, the King Emperor, confers titles and honours on New Year days and Birthdays, for loyal and faithful services rendered to the Crown and the Country. We, too, following our old traditions, propose to make a few presents, this year in the shape of health maxims to our readers and others interested in their own health and well-being and that of the Nation, at large, on this happy occasion of the combined New Year and Birthday of "Health". Fortunately, we have a rich endowment made by Dr. T. S. Tirumurti, B.A., M.B C.M., D.T.M. & H, Professor of Pathology, Medical College, Vizagapatam, in his masterly Convocation Address, delivered to the graduates of the Andhra University on the 28th November, 1935, from which we can freely draw. Here are a few health maxims and 'Obiter Dicta' culled from that address, which we gladly present to our readers.—

1. "Preventive Medicine has come to occupy a higher place than that of 'Bottle-Medicine"

2. "The Physician should be equally interested in both Curative and Preventive Medicine".

3. "The most essential factor in the development of Public Health in India is the question of cost".

4 "Health has to be purchased with money. Like all other good things it cannot be had for the mere asking".

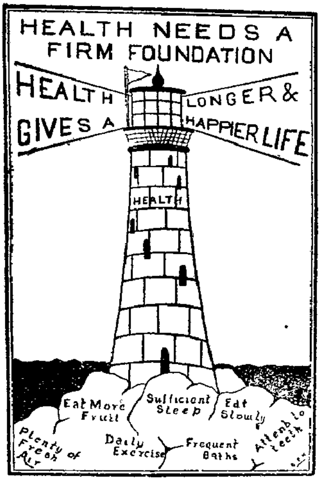
5. "The absence of health inevi-

tably leads to absence of wealth of the nation as of the individual ".

6. "Every one should remember that the 'first wealth is health' and that 'within human limits health is purchasable by communities".

7. "Public Health work is not merely the control of diseases from spreading and the defending of people against attacks of disease but it aims also to create a maximum physical well-being".

8. "Nutrition plays a very important part in increasing the stamina and vitality of the Nation".



9. "Poor Nutrition lowers vitality and leads to disease, and disease in turn to poverty of the people".

10. "Higher wages need not necessarily lead to better nutrition".

11. "Popular education in the Science of Nutrition, however elementary it may be, is very necessary for the well-being of the people".

12 "Hygiene plays an essential part in the rearing and maintaining of a healthy nation"

13. "All religions tell us that it is a sin to foul the mind and contaminate the soul Does it not also teach us that it is a sin to defile the body?".

14. "The 'Gospel of Health' has to be preached in a sustained manner every day in the year and a Health Museum should be opened at least one in each district to which a permanent staff should be attached for publicity and propaganda".

15. "This 'Temple of Hygeia' should be so built as to attract the people of the district to go on a pilgrimage for worship to be blessed with the knowledge of how to secure and keep health for themselves"

16. "Good Health gives vitality, vigour and vim. A realisation that health is a dynamic progressive force and that vitality is the inherent latent doctor in us, which resists disease or makes us get well quick, should engender in us the desire to foster health and to study hygiene, which teaches us how to get and keep health".

17 "'Prevention is better than cure' has become well-worn by repetition. But it is worth repeating until such knowledge leads to action."

18. "There is only one inebriety, which, instead of being censured can be commended and that is the intoxication with the 'Joys of Health'."

19. "Health propaganda is wasted, so long as hygiene does not form an essential part of the school curriculum in all its stages

20. "Unless the mind is healthy, good habits and good character cannot be formed".

21. "Persons without good charac-

ter and conduct in life are a drag on and a danger to society".

22 "There are many people who do not put the knowledge they have gained into the every day life by the practical test. Knowledge by itself is useless, unless put into practice. It is being increasingly realised that formation of the health habits is more important than mere knowledge about health".

23. "The preaching of the 'Gospel of Mental Health' is more necessary than the propaganda for compulsory physical education".

24 "There is no use of a giant frame if it is to harbour a weak mind; far better a frail frame, which enshrines a strong and well-developed healthy mind".

25. "True happiness can result only from a well-integrated personality, which is able to respond successfully to the varying stimuli of painful or pleasurable nature, which infringe on the personality in daily life".

Our 'Presents List' has already become too long and we shall therefore stop here We offer our humble greetings to our readers on this fourteenth Birthday of 'Health' and hope that these health presents will be of considerable benefit to them and will induce more people to read "Health" and thereby enable them to lead a happy and healthy life.

We wish you all a happy, healthy and prosperous NEW YEAR

A Critical Study of the Problem of Nutritious Diet in India

By
Dr A LAKSHMIPATHI, B.A., M B, & C M, *Madras.*

THE defective nutrition of the large masses of people in India to-day is not due to the want of knowledge as to which is best for the adult or for the child but to the want of the means of providing one-self with the suitable food. Tables of suitable dietary for the rich and for the poor, for the healthy and for the sick, for the ordinary adult, the pregnant woman and the child have been elaborately given and are within the common knowledge of the masses of the people if we only exclude those who have had the benefit of Western, Education and who have purposely chosen to ignore and disbelieve all common knowledge possessed in each family by traditional inheritance.

Modern scientific study of the food stuffs used in India appears to re-discover, verify and in certain instances emphasise the value of certain usages that have become obsolete or neglected after the advent of the modern and the so-called scientific western methods.

The modern method of classifying the food stuffs into carbohydrates, fats and proteins, vitamins and mineral salts may not be known to the Indian Physicians who classified them in diverse ways as *Jangama—Oudbhija—Parthiva* — animal, vegetable and earthy according to the method of their production, sweet, sour and saltish, bitter astringent and pungent, according to their taste, heavy and light (*Guru-Laghu*) according to their digestibility, heating, cooling according to

their physiological action and so on and prepared elaborate dictionaries indicating the suitability or otherwise of each article used in health and disease. A study of this knowledge and the verification of the same would in itself form a great research. India is not a baby in scientific observations and inferences.

Every one knows quite well that rice alone will not make complete meal, that ghee alone will not sustain a healthy individual and that flesh milk or dhali would not by themselves make up an ideal food. A careful study of elaborate principles of dietary recorded in the dictionaries will be very useful to the modern research worker who is at present groping in the dark owing to his ignorance of this past record which is as yet a sealed book to him

Classification of food according to Rasas.—All substances mineral, vegetable or animal are classified according to the different tastes that predominate in each substance According to this science all substances contain all the six tastes namely sweet, sour, saltish, bitter, astringent and pungent but in different proportions. Some substances have infinitesimally small proportion of one or more taste and so these tastes remain undetected whereas other tastes which predominate in them, are more conspicuous. It is not at present known to modern science how exactly these substances containing different tastes affect the human metabolism. But, in Ayurvedic literature, it is clearly stated that sweet, sour things act as tissue builders and substances which are astringent, bitter or pungent in taste have some influence in reducing the body. Taking the same substance, say the mango, a sweet one and a sour one, the sweet one is said to be cooling and tissue building and the sour one is heating and ranks below the sweet one from the standpoint of tissue building. Bio-chemistry has not developed to such an extent as to explain the different effects of substances possessing different tastes and flavour upon the cellular activity of the different kinds of cells and secretory glands in the stomach, intestines and the other parts of the body with or without ducts, not to speak of their effects on the different kinds of nerve cells and on the mind Till such time as we have definite conclusions from the physiological and biological aspects, we do not have to take it for granted that the theory of the constructive and destructive ability of the '*rasas*' as propounded by the Ayurvedic scientists is correct. Infinite is the assemblage of the variety of the permutations and combinations in which these *rasas* can be combined and thus affect our constitution in innumerable ways. Compared with the codified knowledge elaborately describing the properties of every article of diet used anywhere in this country, the work done by modern research workers would appear to be very crude and unsatisfactory.

Generally speaking oil alleviates *Vatha*, ghee alleviates *Pitha* and honey checks *Kapha*. The special properties of the oil in checking *Vatha* are due to its power of penetrating into the skin by external use and of lubricating the tissues internally. It is *Guru*-(heavy) *i.e.*, it is sustaining as an article of food and it helps in the production of heat required in the metabolic

processes having a higher caloric value. As the proverb goes, you need not go to physician if you use enough of oil (*Vaidyanukko-kudukkra panam Vannanukku kudu*) pay the oil man what you pay the physician As regards ghee, I do not see it so highly extolled as butter and cream. But the Indian prefers the use of ghee to that of the other two. It is unquestionable that ghee has great many virtues which are not possessed by the other fats, animal or vegetable The properties of the different kinds of ghee—goat's, cow's, buffaloe's, etc., are given in great detail in our lists, goat's ghee getting a preference in the treatment of consumption and very old ghee having a special preference in the medicament Let the modern scientists verify the same.

Ghee is sweet in taste and is cooling and heavy as an article of diet. It is therefore a good tissue builder. Honey on the other hand is light, heating and penetrating Its astringent taste is physiologically more important than the sweet taste and by virtue of these properties honey is described as a reducer of the body and is used in the dietary for combating stoutness.

Salts.—Salt gives excellent taste to food. Used in suitable quantities it is a great benefactor It helps in the digestion of the food by promoting secretion, and facilitating the passage of excretions. It excites secretory and excretory glands Used in excess, salt causes tiresomeness and debility. Tissues like muscle and blood deteriorate quickly. Persons living in towns and villages where people constantly use more salt in their dietary than those living in the forests and other out of the way places, have less power of endurance Charaka says that the people of Bahlika, Sourashtra and Sind use more of salt and they use it along with milk. In his opinion those who are habitually used to excess of salt suffer from alopacia (falling off of hair) grey hair and shrunken skins at a very early age It is therefore desirable that people who are used to excess of salt should gradually lessen the quantity.

In addition to the properties of different substances according to the relative quantities of *rasas* contained in each substance as exemplified above, eight special factors are said to guide the utilisation of food. (1) Prákruti (nature). (2) Karana (Transmutation of food). (3) Samyoga (Combinations of food materials). (4) Rasi (Measure) (5) Desa (Place of origin) (6) Kala (season, age and period of disease etc. (7) Upayogasamstha (conditions of use). (8) Upyokthri (conditions of consumer). These will be dealt with in a subsequent issue.

MEN FUNDAMENTALLY VEGETARIAN

Apes and men were fundamentally vegetarian just as ferrets and otters were fundamentally flesh-eaters, notwithstanding their readiness to eat carrots or fruit—*Sir Peter Chalmers, Secretary of the Zoological Society of London, in "The Lancet," July 8, 1933* —THE ORIENTAL WATCHMAN.

Physical Fitness

By

KHAGENDRA NATH CHATTERJEE, M B, (CAL)

Chinsura P. O, Dist, Hooghly, Bengal

In ancient Greece, the Spartans used to kill all deformed and weakly babies by throwing them down a hill, in order to rid the country of invalids and unfit citizens This might be a barbarous system in the eyes of the modern people Keeping the same object in view, however, but in a more rational way, in the present time also, it is said, in the United States of America, the States control all young children, by deputing health officers in every home, to inspect all new born babies, to find out any bodily defects in them and treat them in order to make them fit citizens in after-life Whether this is done in America or not, it should be the aim of all States and all nations, that their citizens should maintain a standard of health, which will be free from disease and deformities, as far as practicable

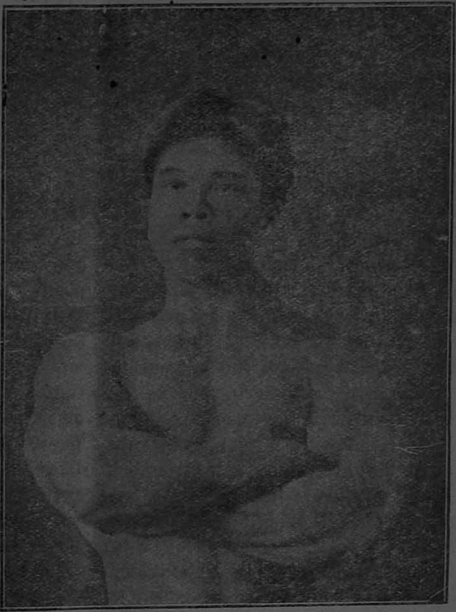
It does not imply, of course, that all the people of a country will be Hercules, Bhims and Ramamurtis; but they must possess sound health, that is, body free from illness and weakness as well In other words it might be said, that all the organs of the body should be in the normal state. This is the real meaning of the term physical fitness. Now, we shall try to deal with the various organs of the body, one by one, and shall see what changes from the normal are caused by disease or born defects

Before we proceed, however, the question may arise, "what should be the general stature of a man? or in other words, what is an ideal physique, whether a man should be tall and heavy or medium-sized and robust"? What, if he is born a short man? It should be borne in mind, that there are stalwarts and dwarfs among nations. In Europe, the people are usually tall. In Asia, the Arabs and the Turks are reputed to be very tall, whilst the Japanese are a short people, but nevertheless, they are a robust and strong nation. In India, we find all sorts of structures. We have got the stalwart Sikhs, the frontier tribes, the short-sized Gurkhas and the medium-sized Bengalees, the Madrasees and men of the United provinces etc Thus, we see that the general stature of a man, specially a tall figure, does not necessarily constitute the only standard of robust health. Even a short-sized man, or a medium-sized one may become as strong and as active as a tall and heavy man, and maintain an ideal health The sturdy Gurkha is an example of the latter

We shall, now discuss briefly the whole human system, part by part and point out what the normal condition of these parts should be, and what defects or abnormalities should not be present Our method of dealing with the system will be the following —

1. General features
2. Head and neck, (including eyes, ears, nose, etc).
3. Chest and the abdominal parts (the region of the belly and the waists, with mention of the various organs.)
4. The limbs.

In this article, we shall describe the general features of a man, and propose to deal with the rest in a subsequent number of the journal. By general features, it should be understood, that the very appearance of a man should be healthy though he may not be handsome. A healthy man should not be very fat, neither should he be very thin. A medium, well nourished body and the brawny muscle is a picture of good health. There should be a lustre of health in the very countenance of a person. A paleness or a swollen appearance is not a sign of health; similarly a withered or a sunken feature means want of nutrition or some disease. Pigmentation of the body or skin diseases like the ringworm or eczema are again great disqualifications; for good health and cleanliness of the body are as necessary for its well-being, as toilet is for beauty. The body should be well formed and erect. A very good method of estimating standard health is to take the measurements of the chest and girth of a man, as well as his height and weight. This of course, will vary with age. A table of the proportion of height and weight of an average Indian life, commencing from age 20 is given below.



Strong and Well-Built Body.

Height	Age 20-24	Age 25-29	Age 30-34	Age 35-39	Age 40-44	Age 45-49
ft in	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
5 0	104	108	112	116	119	121
5 1	107	110	114	118	121	124
5 2	109	113	117	121	121	126
5 3	112	115	120	123	127	129
5 4	115	118	122	126	130	132
5 5	118	121	125	130	134	135
5 6	121	124	129	134	138	139
5 7	125	[illegible]	132	137	142	142
5 8	128	132	137	142	146	147
5 9	132	136	141	147	150	152
5 10	136	140	146	151	154	157
5 11	141	145	150	156	159	162
6 0	145	150	155	161	164	168

Chest measurements vary from 30" to 40" according to the muscular development and structure of a man. It also depends on the expansion of the lungs.

N. B. 1 lb. = ½ seer.

The above is a rough estimation of an average life; weights increase, however with nourishment of the body and physical exercises. Model weights exceed these figures considerably.

[*To be continued.*]

Senile Cataract and Blindness in India

By

L. R. FERNANDEZ,

Physician and Eye Surgeon, Trichinopoly

SENILE Cataract is one of the chief causes that lead to blindness among the vast masses of India's population. It is computed that 486,500 persons are blind in India and out of this 375,650 are due to cataract, surely an appalling number. The blindness in a majority of these unfortunate patients could have been averted and prevented if they had only taken the precaution of showing their eyes in time to the eye surgeons in their respective provinces. It is with a view to prevent further blindness, this article is penned It is the bounden duty of every layman who has the welfare of India at heart, to bear in mind the following points and to help his neighbour who may have the misfortune to be suffering from partially or completely impaired vision

What is Senile Cataract? In certain persons, after the age of 50 or 55, the transparent lens within the eyeball undergoes sclerosis or thickening. As a result of this the transparency of the lens begins to be lost, and the objects at a distance appear blurred or distorted. This thickening of the lens due to old age is called Senile Cataract. The dimness of the vision may be due to so many other causes than cataract If so, how can a layman find out whether his lens is growing cataractous or not? There are certain signs and symptoms which can help him in knowing whether any cataract is being found within his eye. First is the weakening of distant vision. As I said above, distant objects appear to be blurred. He next usually notices that black specks or webs, like mosquitoes and tiny insects float before his eyes and trouble him. Sometimes, a certain object appears to be double; for example when he looks at the lamp or the moon, there may appear to be two lamps and two moons. As the opacities in the lens increase month by month, the sight becomes reduced and the apparent mosquitoes and doubled objects cease. In the middle of the pupil there is a greyish or white bead-like thing which others can see in the patient's affected eye. In course of time, not only distant objects but nearer objects also become dimmer than before. Reading becomes almost impossible. When his vision in that eye is so blurred that he finds it difficult to count fingers at a distance of one foot, we can say that the cataract is mature and ready for operation.

Some of the chief causes that contribute towards the formation of cataract are as follows :—(1) Senility. (2) Malnutrition and deficiency of a good proportion of vitamins in the food. (3) Presence of sugar or acetone in the urine. This is called diabetic cataract. (4) The direct action of the ultra-violet rays of the sun upon the lens also is responsible for a good proportion of cataract in India (5) After some persons recover from an attack of Cholera, they develop cataract in their eyes, as a result of general dehydration brought on by profuse watery evacuations This is called cholera cataract. (6) Injury to the

eye-ball may lead to cataract formation. This is called traumatic cataract and may form at any age I have come across several cases of juvenile cataracts due to injury in boys and girls between 10 and 18 years of age.

Treatment of cataract is two-fold (1) Medicinal and (2) Operative. Senile and the other kinds of cataract are easily dissolved by eye drops, eye-baths, eye-injections etc, if the patient shows himself to the eye-surgeon, within 3 months of the incipient cataract growth Many such cases have given excellent results to the satisfaction of both the patient and the doctor, if the medicaments are applied sufficiently early. After the 3rd month it is almost impossible to dissolve it by drugs. It is much better to allow it to ripen and then when it is fully mature, to extract the cataractous lens by opertion under local anaesthesia After the 6th month it is always advisable to show the eye to the eye-surgeon once a month, so that any complication such as glaucoma, iritis etc may be timely averted. When once glaucoma sets in in an elderly person, the cataract operation may not be always a success. Here I wish to lay stress on an important point, *viz*, couching In many villages and towns, certain quacks go about with some green leaves and try to meddle with the cataract, promising to remove it by either application of leaves or by needling. The needle they use is rusty and unsterilised. The harm they inflict upon the ignorant patients is quite dreadful. As a result of their needling, the eyes get septic and develop panophthalmitis. Owing to the unbearable pain they undergo, and in order to save the other sound eye from infection, many a time such pitiable patients have resorted to the Government Ophthalmic hospitals and private eye-surgeons, for removing the whole inflamed, septic eye. Their agony can be better imagined than described. Some patients are always in a hurry to get the lens operated before it completely matures. This is another injurious practice in the hands of unqualified and ill-experienced practitioners Let the public at large open their eyes to such dangers.

A word about the use of spectacles by cataract patients As their vision goes on diminishing every month, it is but natural that such patients are anxious to wear some artificial lenses. As all such eyes are usually myopic, in the early stages, some myopic glasses may help them to see distant objects. But for my part, I always dissuade them from using any lens at all before operation, as the apparently clear myopic glasses may become worse than useless within a few months, as the cataractous lens goes on maturing. It is advisable to wait till they mature completely and then get it removed A month or more after the operation they will require artificial lenses for both near and distant vision. It is always safer to go to the eye-surgeon than to a spectacle merchant if you require any glass for the eyes, because the merchant is not aware of all the technical details necessary for examining your eye under atropine in the refraction room. Moreover the application of atropine must be done only by a medical man and not by a layman, as there are some dangers in it, if applied by laymen. Many a precious eye has been lost owing to the ignorance of these details.

Lastly, don't wait till the cataract is over-mature. When it is too much ripe, extraction is too difficult and you may not regain your original clear vision. So it is always better to see the doctor early than too late.

The Rising Sun

By

Dr. KARTIC CHUNDER DUTT,
L.M.S., M.R.A.S.,

Chief Medical Officer, Sonepur State. Formerly, Assistant Surgeon in Service of the Govt. of India; District Medical Officer in H. H. The Nizam's Service, Teacher of Materia Medica and Therapeutics, National Medical College, Calcutta.

WE have all seen Sunrise, some from the fields, others from the hills, others again from the seas, myself in my childhood from the banks of theGanges. bank of the Ganges is in no way inferior to Baranashi. An Astronomer, the glorious Khana, the pride of the womanhood of Ancient India, in her prophetic vision,forewarned the would-be fools of the dark ages of India not to build their homes save and except on the western bank of a river, lake, or tank. And why? Because then, they will daily enjoy the reflected light of the Rising Sun, which is more potent than the direct rays, in improving their Health. Then only Health begets Happiness.

Modern Japan has selected the

SONEPUR PALACE ON THE MAHANADI
Bombarded by Crossfire of ultraviolet rays directly reflected from the Rising Sun.

The Rigvedas have glorified the Rising Sun, the Geeta has blessed it, the Ayurvedas have praised its efficacy. The Tantras admire it in its Mantras "Jabakusum Sankasham", which describe the Rising Sun to be as red as the Jaba flower'. And why? It is because, the Rising Sun bestows us Health.

The legends say, that the Western Rising Sun as its national flag with the inscription "The Rising Sun of Japan". And why? Because, an indomitable spirit pervades modern Japan with high ambitions for its manhood and womanhood. This spirit can be symbolised only by the Rising Sun, the bestower of Health and Happiness.

The prospective mothers of yore

used to take the Rising Sun bath on their bare skin. The good old nurses of the last Century used to put their babies in cradle exposed to the Rising Sun bare-bodied And why? Because it is equivalent to a Life Insurance of their babies for a lac of rupees each.

But, whence, in the Rising Sun, comes this power to heal? Whence comes this radiant energy, in the Rising Sun, which develops the power of resistance to disease and death? Whence again, comes in the Rising Sun, this vegetative vigor which enables plants to synthetize the vitamins? Whence comes in the Rising Sun, the vital energy that envigorates the young and rejuvenates the old? Whence? Well, the Rising Sun derives all its powers from the selfsame source of All power, All force, All vigor, All energy. The Almighty has by His grace infused some vital force into the Rising Sun for the protection and preservation of His creation on this Earth, and, for blessing His beloved creatures with Health and Happiness

The discourse on the question "Whence" may be, and, in fact has been, continued for days, months, years, or ages, till, we come to the one conclusion, *viz.* "Thence", *i.e.*. from Him, Who is the First cause of all causes.

The sages and seers of India, on whom dawned the First Light of the Rising Sun of civilization, were inspired with the real knowledge about the Rising Sun. These Rishis in their wisdom, revealed the mysteries of the Rising Sun But unfortunately, most of their books of knowledge are lost, and but a few have descended to us, their unworthy descendants we care not to read and learn them. We do not accept anything our forefathers taught, or, our grandmothers told us We want to borrow from the West. In fact,

> We think our Fathers fools,
> And our Mothers dunces,
> The wiser and wiser, we grow,
> Our wiser sons and daughters,
> Will of course, think us so and so.
> Alla Ho! How wiser the grandams
> of the West,
> How they teach us, what is our best!

"The best medicine which my practice has discovered is prayer. The exercise of prayer in those who habitually practise it must be regarded as the most adequate and normal of all the pacifiers of the mind and calmers of the nerves

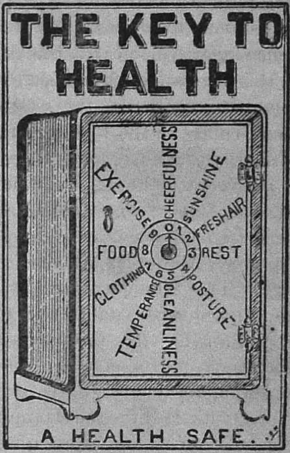
"As one whose whole life has been concerned with the sufferings of the mind, I would state that of all the hygienic measures to counteract disturbed sleep, depression of spirits, and all the miserable sequels of a distressed mind, I would undoubtedly give the first place to the simple habit of prayer."—*Dr. Hyslop*

Idea of Health among Indians

By
DR. PRAKASH CHANDRA, L.M.P., L.P.H.,
Assistant Medical Officer of Health, Sitapur, U. P.

THE idea of healthy living is innate in all the living creatures. Even the primitive races of the world preserve certain traditions and customs which tend to keep them healthy The goddess of Hygeia was worshipped by the ancient Greeks and the Spartans were especially reputed for their interest in health-promoting games. The Vedas, the oldest books in the library of the world, are full of numerous Mantras which the ancient Aryans used to recite in their prayers for their physical development. The Hindu epics, the Ramayan and the Mahabharat are full of thrilling examples of physical prowess. The value of Brahmacharya as an important asset to the preservation of health and the longevity of life is hardly recognised by the present-day generation. The physical deterioration undergone by the Indians during the recent times has been so striking that the Government, the local bodies and the leaders of public opinion have begun to feel the necessity of starting health propaganda by all possible means. In order to protect the masses from calamities like Plague, Cholera, Malaria and other epidemics, the various Provincial Governments adopt measures on extensive scales but these measures are not likely to succeed until the classes and masses of the country themselves realise the value of the wise maxim, 'Prevention is better than cure'.

In this short article, I shall restrict myself to a few but important points in relation to health of individuals which have a great bearing on the preservation of a healthy living. The question of food, clothing, dwelling-houses, climatic differences, economic



condition, character of education, formation of habits and character in early life have a great deal to do with the question of health preservation of Indians.

Economic Condition

In order to suggest the measures for the improvement in the dietary or raising the standard of living we have to keep in view that according to the findings of the Banking Enquiry Committe appointed by the Government of India the average income per head comes to Rs. 3/8/- per month or according to the Simon Commission Report, the income per head of an Indian in 1931 was 1/12th of the

income of an Englishman. It is therefore indisputable that poverty is rampant in this country and whatever little we have should not be wasted in the purchase of intoxicants and luxuries of life to the detriment of health and the imperative necessities of life.

Food Supply

The selection of food stuffs in the dietary of the people is as important for the full growth and preservation of human organism as the selection of suitable materials of construction by an Engineer for the erection of a durable building The majority of the Indian population is living in villages and these people in spite of insufficiency of food consume the cereals and green vegetables of local produce which keep their soul and body together. Plenty of sunshine and fresh air compensate their insufficiency in the food bulk to a great extent. According to an English author "they do not live but they only exist". In spite of poverty in villages a great majority of best physically fitted persons for the Police and Military are drawn from the rural areas. The village people, except being swept away by the epidemics of cholera, plague, smallpox and malaria have a stronger vitality than the town-people to resist the extreme fluctuations of weather conditions, the diseases of the nervous, respiratory, digestive and cardiac organs, so widely prevalent among the more civilized people of the towns and cities. The villagers are conservative and due to the force of circumstances, have to content themselves on the simple and crude diet which the recent researches have shown to have more nutritive value than the civilised dishes. It is essential for a complete diet to have all the necessary ingredients like proteins, fats, carbohydrates, minerals and vitamins As the majority of the Hindus would refrain from animal food, they should take lacto-vegetarian diet. A purely vegetarian diet must be combined with atleast 10 or 12 chattacks of pure milk and about 3/4 to 1 ch. of pure Ghee or butter All kinds of fruits of local and seasonal produce should be taken fresh. Green leafy vegetables should also be taken. Sprouted gram is very nutritive and should be given to growing children. Whey (Matha) is very useful in keeping the digestion healthy and reducing the intestinal toxaemia found in dyspeptics Eggs and meat should be fresh and of good quality Heavy meat diets should be avoided

The growing tendency of replacing milk and milk preparations by excess of tea and coffee is highly prejudicial to the proper growth of children and the maintenance of health, and should be discouraged. 'Eat to live' should be the motto instead of 'Live to eat'. It has been often observed that the well-to-do and middle class Indians, either as victims of social conventions or due to lack of proper knowledge of the different food stuffs, excess in intake of highly seasoned articles and want of adequate exercise, spoil their digestions and shorten their lives; whereas the comparatively poorer people retain good digestion and enjoy long life.

The use of intoxicants and beverages should be avoided as far as possible. Temperate habits, regularity and the simplicity in (the preparation of) food preparations, sparing use of condiments, combined with adequate

exercise confers sound body and keen intellect and is conducive to long life.

A drunkard is insensible to any kind of danger.

Centenarians have been found to be men of abstemious habits.

School Girls in Physical Activities.

Effects of Education on the Health of Indians

The reports of medical inspection of school children in various provinces have revealed startling results, that a large percentage of school children is undernourished and are the victims of one or other diseases. So far, the multiplicity of subjects and the desire to secure large percentage of passes in the examination, have been the sole objects of educational policy. The development of physical faculties has been neglected. During the last few years the provincial Governments have appointed School Health Officers and Medical Officers for the inspection and treatment of school children. It is a step in the right direction but the ultimate success of this scheme depends on the degree of co-operation offered by the parents and school teachers. The object of the education should no longer be to turn out interpreters, clerks and physical weaklings who in the absence of jobs are not able to stand the adverse circumstances of the world and fall an easy prey to all sorts of diseases in their youthful years.

It is also essential to provide suitable food-stuffs to the school children in the recess period during school hours and a healthy dietary by the parents at home.

Dwelling Houses

Although India is an agricultural country and the majority of the people live in villages, the spread of English education, mechanisation of industries and contact with western civilization and some other factors are helping the migration of people from rural to urban areas The growth of the urban centres in the form of cities and towns has been mostly haphazard Very few cities and towns in India have been developed on sanitary lines with the result that the general middle and poor class population of these places are devitalized and are swept away by diseases like Tuberculosis, Pneumonia, Influenza etc. The economic distress coupled with the unhealthy climate of thickly congested areas have led to high death rates and appalling infantile mortality. It is therefore desirable that town improvement trusts be organised in all the towns with a population of or above 10,000. Numerous parks and open spaces should be provided in various parts of towns and cities.

Clothing

It has been observed that clothings are designed mostly to conform to social conventions and principles of health, for the regulation of temperature conditions in this country are utterly disregarded The money thus wasted on fashionable designs could be easily spared and utilised for better nourishment of the people. The dress of one country or province should not and cannot be the same for another country or province with considerable differences of climate.

The problem of healthy living among Indians does not depend on a single factor but depends on several considerations and the main factor which should engage the serious attention of all the well-wishers of the country is the question of suitable and sufficient food supply.

A GOOD DEFINITION OF DISEASE

"Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. The nature is to be assisted in her efforts to expel impurities and to re-establish right conditions in the system —" *Ministry of Healing* ".

Preventive Inoculation against Diseases

By
C. S. SWAMINATHAN, L.M.P.,
Komaratchi.

During the recent epidemic of cholera in my place and in the surrounding villages, I was asked to do inoculations against cholera amongst the inhabitants of the infected villages. While on such duty, I was astounded by the appalling ignorance of the people who did their best to prevent us from proceeding with the inoculation work. At some places people were fiery enough to provoke quarrels with my assistants. Fortunately such quarrels were nipped in the bud by words of reason and moderation. Hence an attempt is made to place before the readers the principles underlying the inoculation.

The human body is provided naturally with a power to prevent diseases affecting it. This power is called immunity. When a poison or a prejudicial thing enters the system, there are certain antibodies created in the system in response to the irritation caused by the foreign body. These bodies tend to neutralize the poison. If this Natural immunity process is greater in power than the infection, the body is rid of the disease. If on the other hand the power of infected organisms is greater, the body succumbs to the disease. The power to resist diseases, present inherent in the body, is termed natural immunity. The amount of immunity differs in different persons. That is the reason why in an epidemic all persons are not affected. We cannot say off-hand by seeing a person whether he possesses immunity against a certain disease. Nor does it follow that a very strong adult in the pick of health is necessarily immune against diseases. That is why it is an ordinary circumstance for us to see a hale, healthy, strong adult man being carried away in the prime of life during an epidemic. We cannot say that the power of immunity is stationary. It may increase or decrease in course of time, that is why we see so many persons who say in their own words that they had seen so many epidemics and survived, passing away suddenly in an epidemic, without any artificial aid of inoculation.

I have tried to describe about the natural immunity. There is another variety of immunity called acquired immunity. By this is meant 'the process of giving power and force to prevent infections to the body by artificial means of inoculations. By inoculation we also increase any natural immunity present in the body. For getting an acquired immunity we have the persons inoculated with vaccines. The vaccines are only solutions containing suspensions of the causative bacteria that have been carefully counted and killed by heat. When such vaccines containing the dead bodies of the causative organisms of an infective disease is injected into the body, certain substances called antigens are set free. These antigens increase the antibodies against the particular disease for which the vaccine is prepared. The antibodies prevent the person from suffering from that disease. This process takes about a week to ten days to confer full immunity to the person. An inoculated

person is liable to get the disease during this period. An inoculation with vaccine confers immunity from 3 to 6 months when the power begains to wane afterwards.

It is a pity that people do not make proper use of the facilities provided by the Public Health Department for the prevention of contagious diseases. It is the duty of every educated person to teach their less educated brethren about the benefits of inoculations.

Old Age

By

S. N. MALHOTRA, M.D., F.C.P.S.

Chief Medical Officer, Jubbal State

It is an essential period of life. One grows from infancy to childhood, from adult life to old age; but it is seen that some become old at the age of 40 years ; whereas others feel young and active even at the age of 70 years. The question arises why is this difference ?

It is due to the individual constitution, which in turn depends on the proper balance of intake, assimilation and output. If any of these is in excess or under, the result will be defective metabolism. This will wear out the body more quickly and will thus bring on senility earlier than usual.

It matters not what a man takes. It matters what he digests and assimilates. It is therefore important to keep organs of digestion and assimilation in the best condition possible by all means. We generally eat more than what the body wants; so there is greater waste which puts greater strain on the excretory organs. In order to live long, one should take plenty of fruits and vegetables, dairy products like milk, butter, cheese, cream, and curd, and eggs. Vegetables are better than roasted meat, fish, chicken, mutton, and ham, and above-ground vegetables are better than underground vegetables.

MR. V. K. SAKHADEO,

Engineer and Contractor, Miraj—Physical loving man and a great donator of 4000 Rupees for the Physical Culture Institution ; sympathetic and enthusiastic towards young men loving physical culture and a generous patroniser to young men to take physical exercises.

Raw vegetables, fruits, and dairy products contain Vitamins which are destroyed in cooked and roasted food. One of the secrets of living long is abundant supply of vitamins.

Another important factor in bringing on senility is the defective working of several ductless glands like thyroid, pituitary, adrenals, gonads and pancreas. Dr. Voronoff ascribes old age to imperfect working of gonads, and he

has supported his theory by various grafting operations. He states that cases so operated on showed vigour, and strength, and signs of old age like cold extremities, peevishness, wrinkled skin and body pains all disappeared He contends that a man should live upto 200 years, and with the grafting operation he has made them live a youthful life for a much longer period. It is not only the gonads which are concerned with age, but thyroid and pituitary also play no less part In other words, it is the harmonious working of all these glands on which health, youth, and growth depend. This impresses the necessity of prohibiting early marriage. To maintain the integrity of the gonads longest, marriage should not be allowed before 25 years Moreover over-indulgence in senses should be avoided and exciting cinema films should be banned

The old axiom "Fresh air, meagre fare, and freedom from care" still holds true Fresh air should be valued more than food Always sleep with windows open Queen Victoria never slept with closed window, and she ascribed her long life and health to this simple method

Meagre fare is still more important. The general opinion of laymen is that feebleness of elderly people, requires correction by liberal diet. It must be explained to them that feeble body means feeble digestion, and highly nutritious diets will make matters worse. This is the commonest mistake committed by the people They should have easily digestible articles of food like fruits, vegetables and dairy products The best among the green vegetables is spinach, and it should be eaten in abundance.

Freedom from care is the blessed state which we all aspire to. It is very difficult to be absolutely free from them, but we can conserve our energy by not bothering too much for trifles. We must however be serious in our work. It is better to wear out than to rust out, and the best way to avoid rusting is to work A busy life is quite compatible with efficiency and length of days one lives. This is borne out by the examples of public men of all countries It is in fact more important to exercise the mental faculties as age advances. Thus it is clear that one can live a long and useful life by observing simple rules described above.

Health Tit-Bits

Ten Commandments of Good Posture

(1) Stand tall.
(2) Sit tall.
(3) Walk tall and "chesty" with weight transmitted to the balls of your feet
(4) Draw in your abdomen, pulling it back and up.
(5) Keep your shoulders square and high but not hunched.
(6) Pull your chin straight back toward your collar button.
(7) Flatten the hollow of your back by rolling your pelvis down and back.
(8) Separate your shoulders from your hips as far as possible.
(9) Lie tall and flat. Sleep tall.
(10) Think tall —*Hyggia—March '35.*

* * *

Too much Food is eaten in these modern days by the ordinary human being, and that is the real cause of most diseases of the physical body.

Now a *Conquest Fast* rectifies all

this, since it starves out the disease germs, that have fastened like barnacles upon certain organs of the body, chiefly the Liver, Kidneys, and Intestines, and have there built up false growths, which rob the human system of vitality and strength By fasting, these parasites are starved out, even some of them which have fed upon the vital force of the system for years, wither and die for lack of the sustenance which has sustained them so long to the depletion of the patient or sufferer. This too, without operations, which only prune, leaving the roots embedded in the organs, only to grow again stronger than before The starvation destroys them in the same way as a plant dies for want of water, and they are thus obliterated for ever This is the kind that can "only be cast out by FASTING AND PRAYER".—*The Kalpaka, Sept '35. Page 265.*

* * *

The Healing Power of Poetry.—All down the ages, the healing power of poetry has been enshrined in the ecstatic utterance of those that have passed through suffering to joy, through tragedy to transfiguration The noblest and loftiest suggestions of wholeness and joy may be received when the time is ripe from the resurrection of poetry of these sufferers which surpasses in greatness and grandeur and in praise of life, all the outpourings of superficial optimists even as the lark's flight and song surpasses the fidgetty hovering and humming of a gnat.

One has to read the rhapsodies of a Whitman, a Goethe, a Tennyson, a Victor Hugo, a Tagore, to realize how they wrought out of their pain the healing poetry of ecstasy and out of their transient diseases the loftiest awareness of great health.

Only to those that have known again and again and continue to know the cathartic power of poetry in times of depression and distress, is it given perhaps to share the utmost beauty and joy with the poets in times of convalescence and health Theirs it is to know the overflowing and rejuvenating power of the ecstatic lyric in praise of life, whether that lyric be in the cadence of verse or prose, the curves and roneurs of sculpture, the living plastic of the dance or the living music of the song.

By reading, seeing and hearing great ecstatic poetry, therefore, we may purge ourselves of soul sickness too, so that we become ever more conscious of those life forces which, when freed from obstructions, make for radiant health in the mind as well as in the body.—*The Calcutta Municipal Gazette.*

* * *

Health Benefits from Air Bathing and Sea Bathing.—"Thalassotherapy" is a formidable name but it simply means "sea cure," it is derived from the Greek. The Athenian dramatist Euripides, many centuries ago, wrote: "The sea washes away all the ills of mankind". This is of course an exaggeration, but the healing powers of old ocean are well established scientifically.

Medical writers down the ages have told the benefits to be derived from a sojourn at the seashore In all European countries which touch the ocean, there are numerous institutions of healing by the water *Archives of Medical Hydrology* tells of the bathing machines which used to be common in England. For reasons of modesty,

persons, though fully clothed, would not allow themselves to be seen entering the briny deep. They got into a covered wagon, which was backed into the water. An early type of the vehicle had a huge umbrella-like attachment in the rear which descended to the level of the sea and thus "afforded full privacy to the bather". These hoods began to disappear early in the eighteenth century. If a beau or belle of that period could see the costumes which are common on the beaches today, they would have severe shocks

The foremost effect of the sea cure consists in a general tuning up of the organism. As a rule respiration becomes slower and deeper; the frequency of the pulse lessens; the temperature of the skin becomes cooler; hypersensibility and idiosyncrasies toward certain foods, medicines, and the like, grow less or disappear entirely.

Two German authors have written a book on "The Marine Climate", based on very elaborate experiments and statistics They find that air bathing is markedly beneficial. The nervous system is aided; the consumption of oxygen and food is increased, also the retention of nitrogen, calcium, and phosphorus; the quality of the blood is improved cardiac efficiency and the power of the skeletal muscles are enhanced; the body weight increases; mental activity is also improved.

The United States is extremely fortunate in having such an extensive coast line The Atlantic side is especially blessed, since it has so many bays, islands, and peninsulas. The climate in Florida and the Gulf states permits winter bathing.—*S. in Good Health.*

Book Reviews

Educational Reformation in India.—Published by *J. C. Basak*, 363, Upper Chitpore Road P. O., Beadon St., Calcutta. Price Re. 1.

Educational Reformation is the cry of the hour and the present-day educational policy of the Government of India has led to distress and unemployment among the middle classes. This book has come, therefore, in an opportune moment and the author has taken considerable pains to collect statistics and data and formulate his own scheme for educational reform in India. The book will certainly prove to be of considerable interest to educationists and politicians interested in the educational reform and the general well-being of the people of this country

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Health, Nature and Religion.—By *Dr. Chintulal N. Desai*, (of Petlad); Dharmaj—Published by the author. Price As. 12.

This brochure correlates Health, Nature and Religion and proves that transgression of the laws of Nature results in loss of health and religion—not merely the Hindu Religion but all the religions of the world—aim at good health, longevity and happiness of the human race. The author advocates Nature cure, as the safest and cheapest method of relief to the sick and the suffering and affirms that adherence to the laws of Nature will prevent attacks from diseases. He also stresses the importance of home education, which is sadly neglected in India now-a-days. The booklet will repay perusal.